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# THE SOUTHERN SANITARIUM

A MEDICAL AND LITERARY JOURNAL, ISSUED QUARTERLY, IN  
JANUARY, APRIL, JULY AND ~~JULY~~ *Oct.*

CLIMATE ☼ HEALTH ☼ LIFE

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L. A. SCRUGGS, A. M., M. D., Editor and General Manager.

IT SPEAKS FOR THE PICKFORD SANITARIUM, AT SOUTHERN  
PINES, N. C., FOR NEGRO CONSUMPTIVES.

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RALEIGH, N. C.

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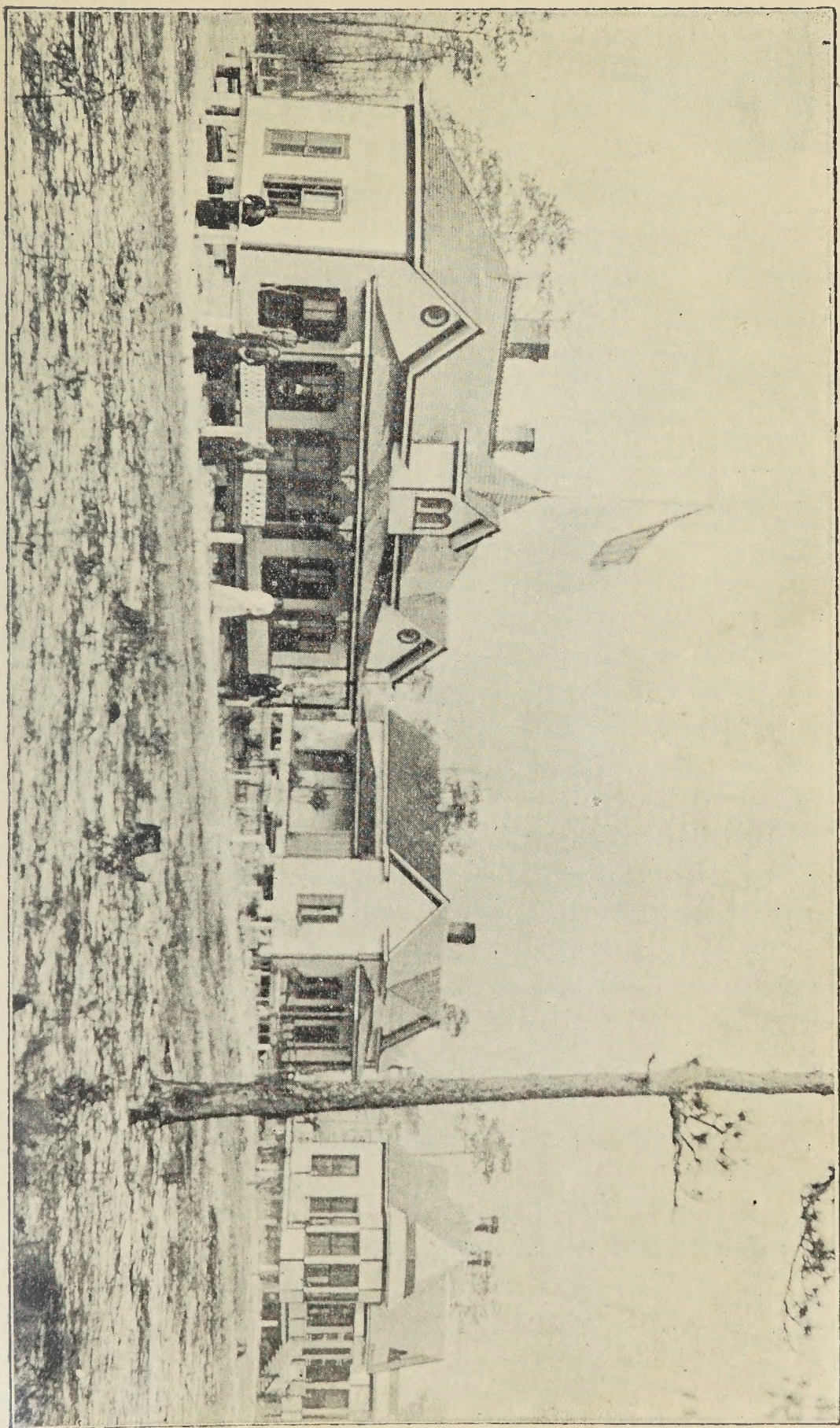
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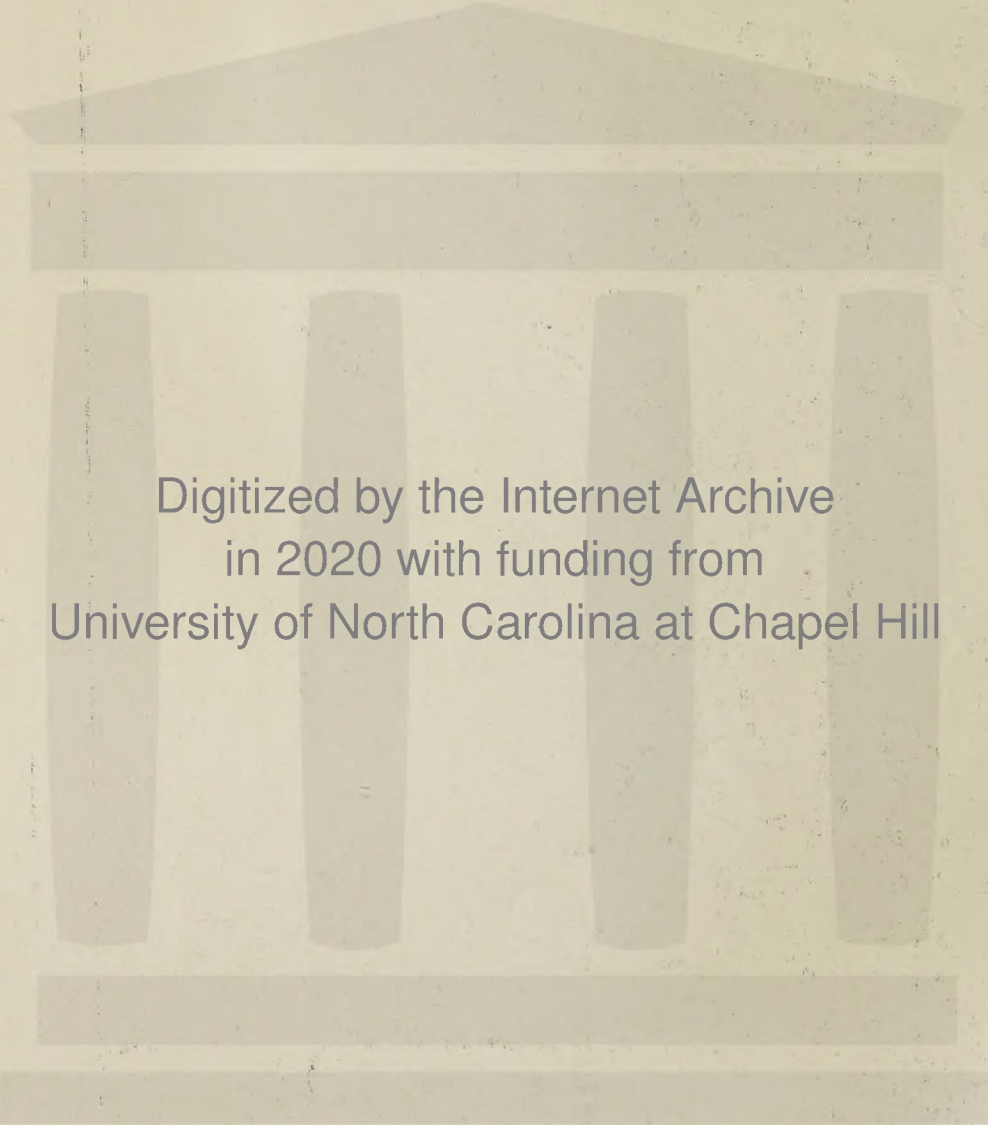
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# The \* Southern \* Sanitarium

*Devoted to the Cause of Afflicted Humanity.*

VOL. III.      RALEIGH, N. C., MARH 1, 1900.      NO. 9.

## BOARD OF TRUSTEES.

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James McKee, M. D., President; Berry O'Kelly, Temporary Treasurer; L. A. Scruggs, Secretary and General Manager; Miss S. E. J. Shankle, Trained Nurse in Charge; Mrs. Clara B. Scruggs, Assistant to Secretary and General Manager.

THE PICKFORD SANITARIUM, for the care and treatment of consumptive Negroes, owns four acres of land at Southern Pines, N. C., upon which three modest but neat buildings have been erected, and paid for, having ample capacity for twenty-four patients.

We are now in the middle of our third season, which has been one of great sacrifice and labor, yet it has been a very pleasant one, and the treatment of our patients has been quite as satisfactory in its results as that of any of our older and wealthy American institutions now treating the same class of diseases.

There is no class of sick people who truly need and deserve the help and sympathy of their more fortunate neighbors and the public than consumptive Negroes.

Address,

L. A. SCRUGGS, M., D.,  
*Secretary and General Manager.*

21 EAST WORTH ST., RALEIGH, N. C.



## WHAT THE LEGISLATURE OF NORTH CAROLINA SAID.

*Resolution of the House of Representatives, the Senate concurring :*

WHEREAS, Consumption is annually increasing among the Negro population of North Carolina, and it is recognized by the State Board of Health and the medical profession in general as being greatly contagious, and therefore it threatens the public health and happiness; and whereas the Pickford Sanitarium, a charitable institution established at Southern Pines, Moore County, N. C., for the care and treatment of consumptive Negroes, being so far as we know, the only institution of the kind in the State for the Negro, and therefore serving the public in that it not only treats and cares for the sick, but it isolates the diseased from the public. Therefore be it—

*Resolved*, That the General Assembly of North Carolina now in regular session in the city of Raleigh, do hereby endorse and commend the effort that the said Pickford Sanitarium is making to help this class of unfortunate citizens.

In General Assembly read three times, and ratified this the 8th day of March A. D. 1899.

C. A. REYNOLDS,  
*President of the Senate.*

Speaker of the House of Representatives examined and found correct.

H. G. CONNOR,  
*Speaker of the House of Representatives.*

In order to make the Pickford Sanitarium self-sustaining we are asking the friends of this work to make annual subscriptions of any amount of money or such supplies as may be useful in perpetuating this cause of love and



mercy. A blank form of obligation may be found, therefore, attached to the last page of this boocklet. Please fill out and mail the same to L. A. Scruggs, General Manager, Raleigh, N. C., to whom you may send your annual subscription of money or supplies on November 1st of each year.

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### WHAT THE CHAMBER OF COMMERCE AND INDUSTRY OF RALEIGH, N. C., SAID.

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OFFICERS OF CHAMBER OF COMMERCE AND INDUSTRY,  
RALEIGH, N. C., March 15, 1898.

At a meeting of the Chamber of Commerce and Industry, held this evening, the following resolution was introduced by member Joseph E. Pogue, and heartily seconded by Hon. R. H. Battle and A. M. McPheeters, and was unanimously adopted:

*Resolved*, That we, the Chamber of Commerce, of the City of Raleigh, North Carolina, now in regular session, sincerely believe that the demands for such an institution as the Pickford Sanitarium are imperative, and that the self-sacrificing and untiring efforts of Dr. L. A. Scruggs are very deserving of commendation and encouragement, and that through which he is a public contributor to the general health of our city and State, as well as of the South. And be it also

*“Resolved*, That we do hereby commend him and his mission of love and mercy to the philanthropic people of our great country, as worthy of their hearty co-operation and support.

“R. B. RANEY, *President*.

“GEORGE ALLEN, *Secretary*.

The resolutions given above were also endorsed as follows over the personal signatuie of 29 well-known business men of Raleigh, N. C., among whom are bank officials, merchants, insurance managers, cotton dealers, physicians, and members of both the city and State boards of health:



"Be it known that we, the undersigned, citizens of Raleigh, do endorse the above resolutions, and join in the request for their unanimous adoption by the Chamber of Commerce.

"J. R. Ferrall, Thomas H. Briggs, Thomas Pescud, John C. Drewry, W. C. Stronach, John T. Pullen, J. R. Ferrall, F. H. Briggs, Charles H. Belvin, N. W. West, Alf. A. Thompson, W. E. Jones, V. C. Royster, Fred A. Watson, Henry T. Hicks, S. C. Pool, W. H. King, James R. Rogers, M. D., Thos. E. Skinner, Berry O'Kelly, Wm. Russ, Chas. E. Johnson, Ed. H. Lee, Crowder & Rand, P. E. Hines, M. D., James McKee, M. D., A. M. McPheeters, Joseph E. Pogue."

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### THE GOSPEL OF HAPPINESS.

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A woman who had many sorrows and heavy burdens to bear, but who was noted for her cheerful spirit, once said in explanation:

"You know I have had no money. I had nothing to give but myself; and so I made the resolution that I would never sadden anyone else with my troubles. I have laughed and told jokes when I could have wept. I have always smiled in the face of every misfortune. I have tried never to let any one go from my presence without a happy word or a bright thought to carry with him. And happiness makes happiness. I myself am happier than I would have been had I sat down and bemoaned my fate.

This gospel of happiness is one which every one should lay to heart. Set out with the invincible determination that you will bear burdens, and not impose them. Whether the sun shines or the rain falls, show a glad face to your neighbor. If you must fall in life's battle, you can at least fall with a smile on your face.—*Wellspring*.



INDUSTRIAL DEPARTMENT.

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No unnecessary idleness will be encouraged at this institution. Sufficient garden land will be provided, so that patients may take very moderate out-door exercise, and in this way, *when able to do so*, the patient will not only help to feed himself, but will take, under healthy rules, such physical exercise in the open air as will prove to be a great help in expanding the lung cells to a moderate degree, and in securing for him certain necessary muscular development and constitutional vigor.

We propose to have a well-aired, suitable building, in which carpenters, shoemakers, blacksmiths, tin-workers carvers and scroll cutters, printers, typewriters, and others of the industrial arts, may find welcome homelike employment. In this way, with the garden, or little farm and shop work, our institution will take such a stand as to commend itself both to the sufferer and the public in general. This light labor will prove to this class of patients not only a pleasant duty in warm days in winter, but a desirable, as well as an acceptable method of exercise as a part of the treatment which they seek.

“ Build a little fence of trust  
Around to-day,  
Fill it with loving deeds  
And therein stay,  
Peer not thro' the sheltering bars  
At to-morrow;  
God will send whatever comes,  
Joy or sorrow.”



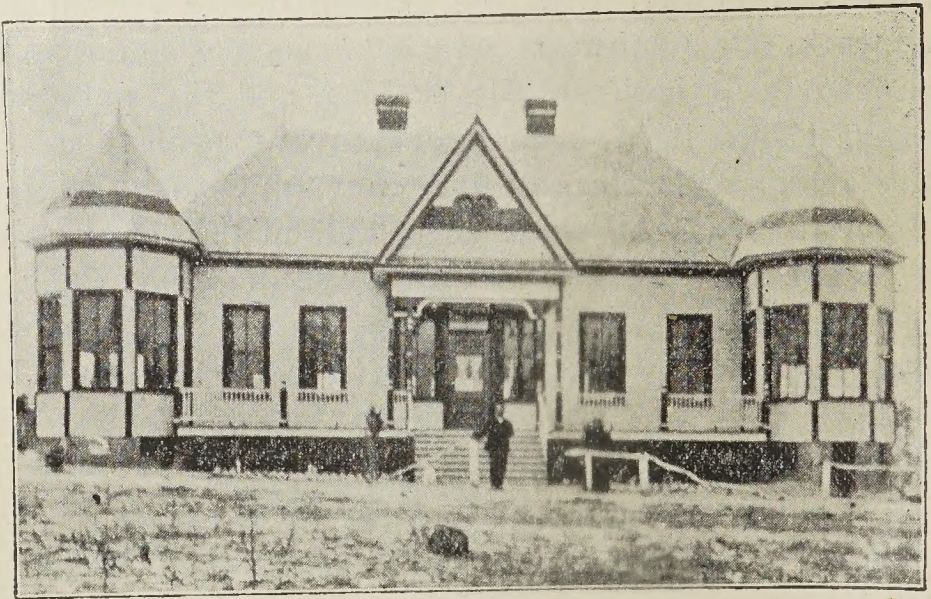
## THE HIGHER LIFE.

BY MARY LOWE DICKINSON.

### HIS CROSS.

To bind earth's broken hearts and sore,  
To tread the ways Christ walked before,  
To know Thee better, serve Thee more,  
We take Thy cross, our Lord and King.

To help the weary to Thy rest,  
To heal and comfort earth's distressed,  
To show the world we love Thee best,  
To wear Thy cross, our Lord and King.



"HUBBARD COTTAGE."

We are happy in being able to present to our readers, in the present issue, a picture of our new building, Hubbard Cottage, recently completed and dedicated. This handsome structure is sixty-four feet long, seventeen feet wide, and is an ornament not only to the Sanitarium grounds,



but is in its external appearance one of the most attractive buildings in the growing city of Southern Pines. The interior is equally attractive, and is commodious and convenient, being very light, airy and cheerful. It is divided into three apartments. Entering the front door one is ushered into a pleasant reception room. The end opposite the door is entirely of glass, through which an abundance of sunshine streams during a greater part of the day. This room has a pretty decorated fireplace, and is furnished with chiffonier, bookcase, centre table and comfortable rocking-chairs, while picture cards, calendars, and a few simple ornaments add brightness to the room, and help to give a homelike aspect, for it has been kept in mind that the surrounding of the invalid should always be as cheerful and homelike as possible. To the right and left of this room extend the two wards each of which is heated by an open fire, and is lighted by six large windows. There are no blinds on the house, the necessary softening of the light being obtained by means of shades. The white iron bedsteads, six in each ward, are supplied with good springs, soft mattresses, spotless pillows, sheets and spreads, and each bed has two pairs of warm red blankets. Over each bed is a wooden rack for towels for the individual use of the patient. Light iron washstands, screens and chairs complete the furnishing of the wards. Adjoining each ward at the front corner is an octagonal sun-parlor, at all times flooded with light. On all sides of the house is an ample, uncovered veranda, so that there will always be a cosy corner where the most changeable of winds cannot touch the seeker of sunshine and pure air. At one end of the building a room is provided for the storage of trunks and other articles not allowed in the wards.



## THE DEDICATION

Occurred on Thursday, February 8, 1900. The morning was unpropitious, and for this reason the numbers present were small. As the time for the beginning of the exercises (12 o'clock noon) approached, the clouds lifted, and gave us one of the loveliest of North Carolina's winter days. The services were opened with Scripture reading and prayer by the General Manager, Dr. L. A. Scruggs, after which he gave a brief history of the Sanitarium up to the present time. The keys were then presented by Mr. S. H. Tingley, on behalf of his wife, Adella M. Hubbard Tingley, the donor of the building. He told briefly of their visit to this town in search of health less than a year ago, when an acquaintance mentioned to them Pickford Sanitarium. They visited our Institution, were impressed with the great need of our race for such a place, and touched by our efforts to meet this need with limited facilities and still more limited means, and Hubbard Cottage, finished and furnished, is the result.

The principal address of the occasion was made by Hon. Richard H. Battle, a leading member of the Bar of Raleigh, North Carolina. *The Morning Post*, of Raleigh, in speaking of this address, said :

"He pictured the Southern lady of ante-bellum days, starting out in the morning with her well-laden basket of medicines and delicacies, to visit the sick on her plantation, and reminded his hearers that this and similar institutions must now take the place of the once devoted mistress. He paid an eloquent tribute to the untiring and self-sacrificing labors of Dr. Scruggs in this undertaking, and made an earnest appeal that a hearty and generous support be given him in his work."

The exercises were interspersed with singing, and closed with the Hymn: "God be with you till we meet again."

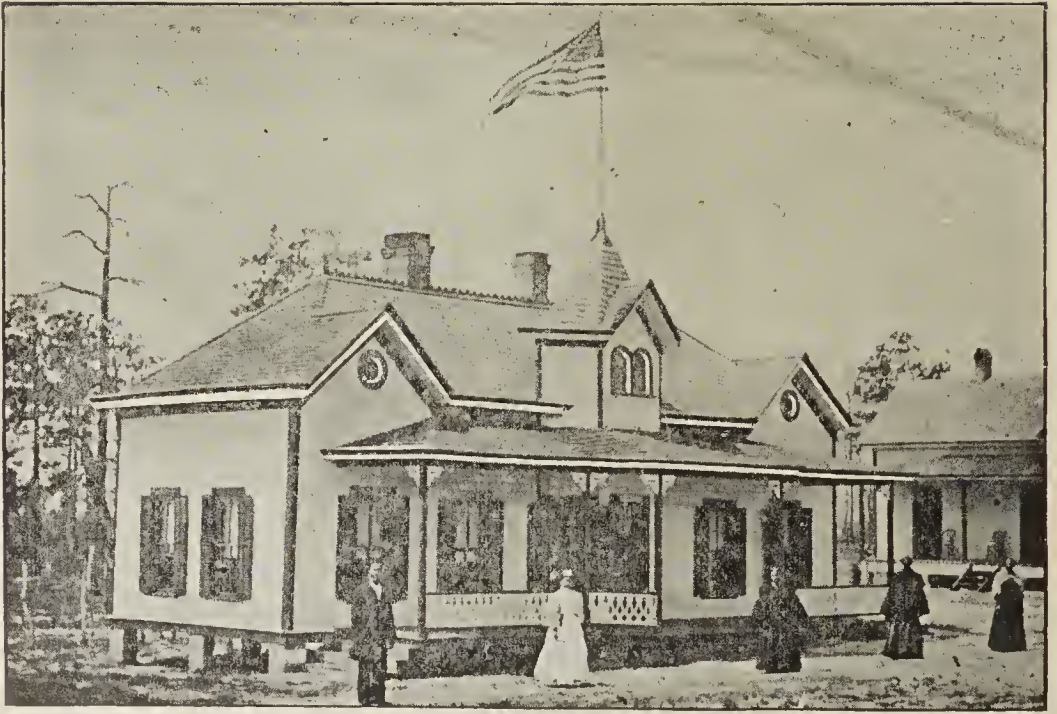


This gift is from a woman for women, given in memory of loved ones. Are there not many who read these pages who would like to do something to commemorate those who, perhaps, have been taken from them by this disease which we are trying to fight? One need not be *rich* to give to this Institution; a *little* money goes much further here than in the larger and more imposing hospitals and sanitariums in the North. There must be many who would be glad to give one, five, ten, twenty-five, fifty, or a hundred dollars, as an annual subscription, toward the support of this work. Still others who would like to give us five hundred dollars or more to start our Endowment, an imperative need for us, as for every similar institution. Our *great*, our *sorest*, need is for *money* to carry on the work. We have a well equipped, if small establishment, but without money it cannot cure the sick—the sole purpose for which it has been created. It is not proposed to pauperize our people. They are expected to pay fifteen dollars per month if possibly able to do so. But this sum only meets cost of food. For the salary of trained nurse and other help, for fuel, medicines, insurance, repairs, etc., we must look to our friends, the friends of humanity, to whom it will one day be said, “Inasmuch as ye have done it unto one of the least of these, ye have done it unto me.”

## GIVE.

“Give as you would if an angel  
Awaited your gift at the door;  
Give as you would if to-morrow  
Found you where waiting was o’er;  
Give as you would to the Master,  
If you met his searching look;  
Give as you would of your substance  
If his hand your offering took.”





PICKFORD SANITARIUM (PAVILION).

## SIMPLY REMARKABLE.

Just think! In one city here in the South the number of deaths from consumption in ten years was 3,119, of which 611 were white people and 2,508 were colored people, showing a death rate of about one to four of the latter. While the Negro makes up only about one-eighth of the population of this great country, yet of the 100,000 or more persons who die annually from consumption in this country, the Negro furnishes more than thirty per cent. of that mortality.

Sanitary institutions have been established in various parts of the country, and have proven a most gratifying source of relief to a great many of this class of human sufferers; and yet it is a sad fact that, for two reasons at least, these humane institutions are of little or no practical benefit to the increasing host of Negro consumptives, because



1. The long-established social customs and laws positively exclude the Negro from any and all of these institutions in in the South.

2. Those in the North to which he might gain admission are so far removed from him as to make the cost entirely too great, while at the same time the climate is too severe.

The remedy, therefore, is to be found only in the establishment of a sanitarium, separately and distinctly for Negro consumptives, at some suitable point here in the South.

Southern Pines, North Carolina, is a good location for such an institution, situated sixty-eight miles from Raleigh, N. C., and 600 feet above the sea level.

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### SOME PROBABLE CAUSES OF THE RAPID SPREAD OF CONSUMPTION AMONG THE NEGROES.

---

Some of the probable causes for the very rapid spread of consumption among the Negroes in the South may be suggested as follows:

1. Sudden changes in the habits, environments and occupations.

2. Inability to provide many of the necessary comforts of life.

3. The assumption of great responsibilities.

4. Living in crowded and unsanitary tenement houses.

5. Failure to place sufficient safeguards around the health of mothers, during the period of gestation, and a want of sufficient care of both the mother and child during the period of lactation.

6. Ignorance of and disregard for the laws of hygiene.

7. Marrying without due regard for the family history on either side or the present health of the two parties.



8. A want of sufficient familiarity with the early history and symptoms of the disease, so as to be able to make an early diagnosis.

9. Mixing or crossing of the races.

10. Overcrowded and badly ventilated churches and schools.

11. Faulty heating and boarding departments of many of our high schools and colleges.

“For modes of faith let graceless zealots fight,  
His can’t be wrong whose life is in the right.”—

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## WHAT REV. EDWARD EVERETT HALE SAYS OF THE PICKFORD SANITARIUM.

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(From the Boston Transcript, June 16, 1898.)

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### A SOUTHERN SANITARIUM.

In the various efforts to relieve invalids by sending them to the South, none is more practically carried on than the Sanitarium which Dr. Scruggs has established at Southern Pines.

He is a well-educated Negro physician, and he has opened this convenient and well equipped home for invalids of his own race. It sweeps wide in its hospitalities, and when I visited Southern Pines in March there was an African Prince among the patients, who had not borne well our Northern climate.

Dr. Scruggs is now in Boston, hoping to find people of public spirit who will help him in an enterprise which to him means hard work—with few thanks. I am glad to recommend him to my friends.

EDWARD E. HALE.

Office of Lend A Hand,  
14 Bedford Street.



TUBERCULOSIS IN CHILDREN.

---

The route of infection by tubercle in children is an important matter, but there are serious difficulties in the way of its determination. Children, of more especially infants, do not expectorate and the diagnosis of tubercle in them is therefore often uncertain. The beginnings of tuberculosis are consequently not often observed. It is only when the disease is finally developed that its clinical history is a matter of notice and record. In a recent lecture, Dr. George F. Still considers these facts and offers some interesting statistics, based, not on clinical observation, but on post-mortem findings, for the solution of this problem. In 769 autopsies of children, tubercle was found in 269, or 35.2 per cent. Tuberculosis was the actual cause of death in 251, or 32.8 per cent. From these statistics, therefore, it can be roughly estimated that about one-third of the deaths in childhood are due to tuberculosis in one form or other.

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RECEIPTS SINCE LAST ANNUAL REPORT,  
MAY, 1899.

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We beg to tender our humble and sincere thanks to all concerned for the following named donations and assure the donors that their aid has done much to relieve, comfort, nourish and restore our sick and deserving inmates.

Again thanking you, and at the same time soliciting your continued sympathy, we are

Yours for afflicted humanity,

L. A. SCRUGGS, M. D.,  
*Secretary and General Manager,*  
21 East Worth Street, Raleigh, N. C.



Hillside Chemical Co., one dozen pints Terraline.

Peacock Bromide Co., one-half dozen half pints Peacock's Bromide.

Antikamnia Co., 3 ozs. Antikamnia Tablets.

Miss Sarah Dearborn Cambridge, Mass., one barrel provisions and bedding.

Benevolent Society, Boston, Mass., one barrel clothing.

Mrs. L. G. French, Boston, Mass., one barrel clothing.

Miss Bessie Dean, Rochester, Mass., \$5.

Miss Victoria Richardson, Salisbury, N. C., \$2 50.

Rev. S. G. Newsom, Weldon, N. C., \$2.50.

An unknown friend, Boston, Mass., \$25.

Merchants, Raleigh, N. C., \$5.

Uneeda Biscuit Co., 15 dozen packages biscuits.

Mrs. Sarah Hooker, Boston, Mass., \$15.

Mr. and Mrs. Jolliffe, Brookline, Mass., \$20—each \$10.

Meyers, Pitts & Co., Baltimore, Md., Supplies.

Miss J. E. Thornhill, Boston, Mass., \$3.

Mrs. C. W. White, Camden, N. J. (annually), \$5.

An unknown friend, \$5.

Thos. H. Briggs & Sons, Raleigh, N. C., \$5

Collection at Dedication of "Hubbard Cottage," \$42.50.

Capital City Pharmacy, Raleigh, N. C., one eight-day clock.

Mrs. E. A. Shepard, \$50.

Mr. J. N. Brown, \$50.

Mr. W. Gammell, \$25.

Mr. W. Goddard, \$20.

Mr. A. L. Ordway, \$25.

Mrs. E. A. Rodeke, \$10.

Mr. N. K. Hubbard, 20.



GRATITUDE.

---

The Negro Race in this Country, and especially Negro womanhood, should feel deeply thankful to Our Heavenly Father and lasting grateful to Mrs. S. H. Tingley, for the generous gift of "Hubbard Cottage," which now adorns the beautiful grounds of the Pickford Sanitarium at Southern Pines, N. C.

This handsome, and well furnished, modern building, is given with the request that it shall be used in the care and treatment of Negro women, suffering from any throat, brochial or lung troubles or their concomitants, with the hope that great benefit may be derived from such care and treatment as are now given to the inmates of this new, home-like, building. Indeed, may we not assure Mrs. Tingley and her friends, that the good women of our race, wherever her gift is known, will be thankful for her generous effort in their behalf.

Now, Dear Sisters:—What is your duty to yourselves, your race and your God, towards this work, for which our friends are doing so much.

This good Christian woman has given ample accommodation for twelve of your afflicted sisters, and it may yet prove to be for you, or some one dear to you. Extra and convenient sun parlors, reception room, wards, all well furnished with the best and necessary modern equipments.

Would it not be well, therefore, for Negro women, North and South, to bestir themselves and arouse their respective communities. churches, Sabbath schools and societies, to decided action in raising money to endow each of the twelve cosy beds, so generously given us. You can do this if you try, if only for one, two or three years that will help some poor sufferer to come and receive the benefits here provided.

Are you grateful for this noble benefaction. If so, will you show it. It takes only a little effort. Help some one to come and remain under treatment, until better, and you will by so doing, not only lighten the burdens of your own hearts, but you will turn into some beclouded life, the sunshine of joy and comfort. Will you not take hold now and boldly answer to the call of duty? Is there not some noble woman or girl, who, has in consequence of hardships, or other causes over which she had no control, been bereft of health. This building is here with all its equipments and remedies, ready possibly, to accomodate such a one, but unless she can get to it and remain a sufficient time in it, she can derive no benefit from it, for it cannot go to her. So it might be with you and me when overcome by heat and thirst, we might be within sight of the sparkling crystal spring, whose water would save us, if only we could stoop and drink therefrom, but we must die unless we drink. Will you help some one to reach these benefits? To do nothing would seem to show ingratitude. Write us and we shall be glad to help you organize.

“HE THAT LOSETH LIFE SHALL KEEP IT.”

My life is not my own, but  
 Christ's who gave it ;  
 And He bestows it upon all the race.  
 I lose it for myself, and thus I save it ,  
 I hold it close, but only to expend it ;  
 Accept it, Lord, for others through Thy grace.  
*—London Missionary Chronicle.*

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### OUR IMMEDIATE NEEDS.

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1. Money to meet current expenses.
2. Provisions of all kinds.
3. Bedding and bed linen.



4. An air motor pump with tank, to protect property from fire, and for sanitation.

5. A milch cow.

6. \$100 will care for <sup>one</sup> ~~four~~ patient the entire season.

7. \$150 will purchase an air motor with pump, and a twenty-five barrel tank. This need is imperative, both for sanitation and for safety in case of fire. Protect our valuable property from fire, please.

8. \$25.00 will purchase a sewing machine for our Industrial Department.

9. \$15.00 per month will care for one patient in wards.

10. 50.00 will replenish our Dispensary.

11. 50.00 will purchase a typewriting machine—much needed.

12. \$300 will pay nurse's salary for one year.

13. Books and papers for our Reading Room.

14. \$250 will erect and partly equip our Industrial building

15. \$100 will pay for a nice little farm of ten acres, which will do much towards furnishing supplies for the Institution—vegetables, fruit for canning, milk, eggs, butter, chickens, etc.

This would be equivalent to a small endowment, and would, therefore, be permanent.

#### GIVING.

Give ! as the morning that flows out of heaven;  
Give ! as the waves when their channel is riven;  
Give ! as the free air and sunshine are given;

Lavishly, utterly, carelessly give.

Not the waste drops of the cup overflowing,  
Not the faint sparks of thy hearth ever glowing,  
Not a pale bud from the June roses blowing;  
Give as He gave thee who gave thee to live.

—Rose Terry Cooke.

NEGROES IN THE SOUTH.

---

It is generally understood that there are a great many very prominent colored people in the South, who have risen from slavery to places of position and trust. Among the more prominent is Dr. L. A. Scruggs, of Raleigh, N. C. He is a physician who has done a great deal for his people. His chief effort was to start a sanitarium at Southern Pines, N. C., where invalid colored people may have comfortable quarters and proper medical attention. The Doctor has received considerable assistance from people throughout the North, especially in connection with the Sanitarium. The Pickfords, of Massachusetts, contributed largely to the establishment of the institution, and it bears the name of that prominent Massachusetts family. We have very favorable reports about the institution and Dr. Scruggs from many visitors from this section who have gone to Southern Pines during the past two winters.

Southern Pines is located on the Seaboard Air Line, that has its office at 306 Washington street, Boston. The S. A. L. makes close connection with the Merchants and Miners steamers, and we advise you to go from Boston *via* the Merchants and Miners Steamers.

Now is a good time to go South and escape the severe weather of the next few months.—*New England Farmer*, Feb. 17, 1900, Boston, Mass.



EXTRACTS FROM LETTERS OF PROMINENT  
PERSONS.

DURHAM, N. C., Feb. 1, 1900.

*Dr. L. A. Scruggs, Raleigh, N. C.*

DEAR SIR:—I have the pleasure of your esteemed favor of a recent date advising me that you will on Thursday, February 8, dedicate the new building for Women at the Pickford Sanitarium, Southern Pines. I can scarcely tell you how rejoiced I am at the success which attends your most worthy undertaking. I deeply regret that I am compelled to spend the coming week in New York, or I should by all means avail myself of the opportunity of lending the occasion my presence. You deserve a great deal of credit, and the kind friends who have so generously helped deserve the thanks of all humanitarians. I am in great sympathy with you in your work, and I hope at some time in the future to show a substantial evidence of my sympathy.

Regretting my inability to be with you on the 8th prox., and begging to send these lines of assurances of my sympathy and encouragement in your work, I am, with best wishes for your continued prosperity in the enlargement of your undertaking,

Yours very truly,

J. S. CARR.

TUSKEGEE, ALA. Dec. 18, 1899.

*Dr. L. A. Scruggs, 21 E. Worth St., Raleigh, N. C.*

MY DEAR SIR:—I have your favor of December 15, and have noted same carefully. I wish very much that I could see my way clear to accept your very kind invitation to be present at the dedication of your new building, January 10, but at that time I am to be in the extreme West filling lecture engagements.

I trust that your work will succeed. I am sure that there is very great need for such an establishment as you have, and nothing would please me more than to be present upon the occasion you mention if it could possibly be arranged.

Thanking you again for the invitation, I am,

Yours very truly,

BOOKER T. WASHINGTON.

TRINITY COLLEGE, DURHAM N. C., Jan. 3, 1900.

*Dr. L. A. Scruggs, Raleigh, N. C.*

DEAR SIR:—Your very kind letter some days since came duly to hand. I have waited to reply, hoping that I could so arrange my engagements as to accept your very kind invitations. I find at the last hour that it is utterly impossible to do so. I wish to assure you that nothing would give me more pleasure than to be with you on that happy occasion, and make any contribution that might be to its pleasure and profit. I am interested in your people, in their development along all lines, and trust that a kind Providence will superintend your worthy enterprise.

Wishing you a happy New Year,

Yours truly,

JNO. C. KILGO.

GARYSBURG, N. C., Dec. 30, 1899.

*Dr. L. A. Scruggs, Raleigh, N. C.*

DEAR SIR:—I received your kind letter on yesterday, and assure you of my warm appreciation of the noble object you have at heart, and my sincere gratitude for the compliment you have extended to me.

I wish I could say to you, without another word, that I would accept your invitation, and be present with you at the dedication of your new building on the 10th of January next. It would indeed be a pleasure and an honor. I



regret deeply that my engagements here are such that I cannot possibly be absent.

Permit me to say further that I am mindful that your course heretofore entitles any expression from you to the highest consideration. I cordially wish for you and your worthy institution the fullest measure of success.

Accept for yourself and my friend Mr. Newcom, my thanks for your kindness, and believe me,

Very truly yours,

T. W. MASON.

RALEIGH, N. C., January 30, 1900.

*Dr. L. A. Scruggs, Raleigh, N. C.*

DEAR SIR:—Yours of this date before me, and I do not see how I can decline to accede to your wishes, so politely and urgently expressed. If nothing happens to prevent, I will try to be present at the services on the 8th of February; provided it can be any help or encouragement to your most laudable undertaking for me to be there and express my appreciation, I must make it convenient to do so. I shall expect to go down on the evening of the 7th, and return next night.

Sincerely, etc.,

R. H. BATTLE.

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## NOTES AND CLIPPINGS.

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Loyal, loving fear is the foundation of worship.

The privilege of giving is vouchsafed to everyone.

Miserly gifts and widows' mites are gifts infinitely differing in value.—*Christian Advocate*.

Remember that you and all you have belong to the Lord, therefore don't withhold from His suffering creatures that which He would have you give them. As you give to help others who are actually in great need, so will he give more abundantly to you.

“Doctor: ‘Do you take a bath regularly? Once a week, I suppose?’”

“Ancient patient: ‘Lor’ bless you, no, sir! I hain’t so dirty as all that!’”

AFTER LABOR, REST.

BY EMMA J. HUGHES.

Though oft we long for rest,  
Send Thou whate’er is best:  
Help us to ever say,  
    They will in us be done.  
Help us our cross to take,  
E’en for Thine own dear sake,  
And bear it patiently  
    Until the crown is won.

O lead us day by day!  
Up through the narrowway,  
Toiling through grief or gloom,  
    Still may we come,  
Till with our loved at last,  
All pain and sorrow past,  
Our raptured ears shall hear  
    Thine own sweet “Welcome home!”

Washington, D. C.

Persons having throat or bronchial or lung troubles, would do well to call upon the management of the Pickford Sanitarium, at Southern Pines, N. C. We may do you good.

“Deep in love: “What is the best day in the week to get married on, old chap?”

Hadder Knuff: “Friday, my boy; then you’ll have something to blame it on afterward.”—*Boston Traveler*.

About one out of every three persons who die, in this country, from consumption, is a Negro.

He who loves the highest, truest, and best is, in his heart and soul, a lover of God.—*J. Freeman Clarke*.



We are often asked, "Is consumption curable." And we as often answer, yes, if not too long neglected in the early stage. If you doubt it, search the records of the Pickford Sanitarium and see how large a per cent. of our patients have returned, year by year, to their former occupation, and are now self-supporting. We are really *improving* and *curing*, (by arresting the disease), about sixty-six per cent. of our patients. Is there a better record? Show it.

Equal parts of lactic acid and glycerin applied to the face twice a day is said to remove freckles.

Warts may be removed by painting them once a day with a concentrated solution of bichromate of potash.—*Alcologrdl Clinic*.

"This is decidedly an age of progress. Every person must continually make improvements in his business and his manner of conducting it, or he will inevitably be left behind in the race."—*P. T. Barnum*.

"Mamma," said a little girl upon her return from church one day, "that woman beside me had on a sealskin coat and wore a dozen roses, but she put only a penny in the collection basket." The incongruity that struck even a child's mind has not been unnoticed in a multitude of similar cases, and it has caused older persons to wonder."—*Selected*.

Our friends and readers will please notice the three cuts of buildings and grounds on preceeding pages. The first large cut shows the three buildings of the Institution. The second one is "Hubbard Cottage," for women only. The third cut shows the "In His Name" Pavilion, for men only.

#### A GENTLEMAN.

"Describe a gentleman," you say?

Yes, I think I can :

He's as gentle as a woman,

And as manly as a man.

—*Selected*.

## A HISTORY OF NEGRO WOMEN IN AFRICA AND AMERICA.

"Women of Distinction" is still being sold for the support of Pickford Sanitarium—Dr. L. A. Scruggs the founder and promoter of Pickford Sanitarium for the care and treatment of consumptive Negroes, is the Author. Write him at No. 21 East Worth St., Raleigh, N. C.

School Examiner: "What is the meaning of false doctrine?" School-boy: "Please, sir, it's when the doctor gives the wrong stuff to the people who are sick."—*Christian Register*.

"Happy the man, and happy he alone,  
 "He who can call to-day his own;  
 He who, secure within, can say,  
 To-morrow do thy worst, for I have lived to-day."

## WHERE THEY ALL COME TRUE.

On the thirty-second day of the thirteenth month, on the eighth day of the week.

On the sixty-first minute of the twenty-fifth hour, we'll find all things that we seek.

They are there in the limbs of Lollipop land—a cloud island resting in air,  
 On the Nowhere side of the Mountain of Mist, in the valley of Overthere.

On the Nowhere side of the Mountain of Mist, in the valley of Overthere,  
 On a solid vapor foundation of cloud, are palaces grand and fair;  
 And there is where our dreams will come true and the seeps of our hope will grow,

On the thitherward side of the hills or Hope, in the hamlet of Hocus Po.

On the thitherwood side of the hills of Hope, in the hamlet of Hocus Po.  
 We shall see all the things that we want to see, and know all we care to know;

For there the old men will never lament, the babies they never will squeak,

In the Crossroad corners of Chaosville' in the county of Hideandgoseek.

In the Crossroad corners of Chaosville, in the county of Hideandgoseek,  
 On the thirty-second day of the thirteenth month, on the eighth day of the week.

We shall do all things that we please to do, and accomplish all that we try;  
 On the Sunset shore of Sometimeorother, by the beautiful bay of Bimeby.

—Lutheran World.



“What prevented you from marrying Miss Timmins?”

“I wrote her a proposal which she never received.”

“Didn’t the postmaster deliver it?”

No: I forgot to mail the letter.—Chicago.

Grumble? No; what’s the good?  
If it availed I would;  
But it doesn’t a bit—

Laugh? Yes; why not?  
‘Tis better than crying a lot;  
We were made to be glad,  
Not sad.

Sing? Why, yes, to be sure;  
We shall better endure  
If the heart’s full of song  
All day long.

Love? Yes, unceasingly,  
Ever increasingly,  
Friends’ burdens bearing,  
Their sorrows sharing,  
Their happiness making!  
For pattern taking  
The One above,  
Who is Love.

—The Standard.

#### HE IS AT REST.

I cannot tell what from is his, what looks he weareth now,  
Nor guess how bright a glory crowns his shining seraph brow.  
The thoughts that fill his sinless soul, the bliss which he doth feel,  
Are numbered with the secret things which God will not reveal.  
But I know (for God hath told me this) that he is now at rest  
Where other blessed infants be on their Saviour’s loving breast.  
I know the angels fold him close beneath their glittering wings.  
And soothe him with a song that breathes of heaven’s divinest things.  
I know that we shall meet our babe (his mother dear and I)  
Where God for aye shall wipe away all tears from every eye.

—John Moultrie.

Sacrifice is to the human soul as is the rose to the garden; its ornament and pride.—S. E. J.

# SOUTHERN PINES PHARMACY,

G. H. SADELSON, Proprietor.

A COMPLETE LINE OF

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We guarantee personal attention to prescriptions. Only the purest Drugs used, both imported and domestic.

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BEANS, and all  
other - - - -

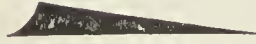
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Carries a fine line of Stationery.  
Soda Fountain runs all the year round.

"Men should never despair, but should try to look on the bright side of life. If financial misfortunes arise, be plucky and meet them. Remember, that the darkest hour is just before day. Don't fret unnecessarily, but consider that financial, as well as all other misfortunes that come upon those who strive to do right, are simply blessings in disguise."—*P. T. Barnum*.

"How true it is that when love rages common sense is extinct."—\*\*\*

"When a man sees no way out of a difficulty there is always a woman's way."—*Brown*.

"The proper study of mankind is man."—*Pope*.

"Help one another " the snowflakes said,  
As they cuddled down in their fleecy bed,  
"One of us here would not be felt,  
One of us here would quickly melt;  
But I'll help you, and you'll help me,  
And then what a splendid drift there'll be,"

#### UNTIMELY CARE.

Why are we so impatient of delay,  
Laughing forever for the time to be?  
For thus we live to-morrow in to-day,  
Yea, sad to-morrows we may never see.  
—*Pharbe Cary*.

#### FINGER-POSTS TO SUCCESS.

The President of the London Chamber of Commerce gives twelve maxims for success, which he says he has tried through five years of business experience :

Have a definite aim.

Go straight for it.

Master all details.

Always know more than you are expected to know.

Remember that difficulties are only made to overcome.

Treat failures as stepping-stones to further effort.

Never put your hand out farther than you can draw it back.

At times be bold; always prudent.

The minority oftens beats the majority in the end.

Make good use of other men's brains.

Listen well; answer cautiously; decide promptly.

Preserve, by all means in your power, "a sound mind in a sound body."

"Blessed be the man who finds his lifework early and does it!" exclaimed Dr. Cuyler recently, in speaking of General Armstrong; "and cursed be the man who has it hinted to him and fails to do it!"

"THAT NOTHING BE LOST."

1. Make all you can.
2. Save all you can.
3. Give all you can.—*Dr. Skinner.*

#### HASH WITH BREAD CRUMBS.

Two cups of meat, chopped fine, one cup of bread crumbs, one teaspoonful of baking powder, one or two well beaten eggs, one cup of milk, salt and pepper. Mix all together, and bake half an hour in a moderately hot oven.

#### THE SLUGGARD.

As a rule the sluggard is the first to bed at night and the last one up in the morning. What he does he puts off to the last moment, and it is generally done too late. What little good he has in his heart to do remains there undone.





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**SOUTHERN RAILWAY.** Condensed Schedule.  
 In effect Sept. 26, 1899.

**TRAINS LEAVE RALEIGH:**

No 11.—209 a. m., daily—Carries Pullman Sleeper Norfolk to Charlotte, being handled on main line. No. 33, Greensboro to Charlotte; connecting at Greensboro with main line train No. 33, "Florida Express," for Salisbury, Charlotte, Columbia, Aiken, Augusta, Savannah, Jacksonville, and all points in Florida. With main line train No. 37, "Washington and Southwestern Limited," for Salisbury, Charlotte, Spartanburg, Greenville, Atlanta, Montgomery, Mobile, New Orleans, Memphis and all points South and Southwest, also with main line train No. 11, for High point, Asheboro, Salisbury, Concord and all local points between Charlotte and Atlanta. Connecting at Salisbury with train for all points in Western North Carolina, including Asheville, Knoxville, Chattanooga, Nashville, Louisville, Cincinnati, Chicago, and all points West and Northwest. Connection is also made at Greensboro with train for Winston Salem, Wilkesboro, Reidsville, Danville and local stations. Passengers occupying Norfolk and Charlotte sleeper can take main line trains 33 and 37 at Charlotte for all points beyond.

- NO. 12, 2:45 a. m., daily.—For Selma, Wilson, South Rocky Mount, Tarboro, Norfolk and intermediate points. Carries through Pullman sleeper r Charlotte to Norfolk.
- NO. 15, 8:51 a. m., daily.—Connects at Durham for Oxford, Henderson, Keysville and Richmond. At University Station, except Sunday, for Chapel Hill. At Greensboro for Winston Salem, Mocksville, Reidsville, Danville, Richmond, Lynchburg, Charlottesville, Washington, Baltimore, Philadelphia, New York, and all points North.
- NO. 8, 10:45 a. m., daily.—For Goldsboro and intermediate points. Connecting at Selma for Wilson, Rocky Mount and Fayetteville. At Goldsboro for Norfolk, where close connection is made with the Chesapeake line for Baltimore. Also at Goldsboro for Wilmington, and daily except Sundays for Newbern and Morehead City.
- NO. 16, 3:23 p. m., daily.—For Selma, Goldsboro and intermediate points.
- NO. 7, 3:50 p. m., daily.—Connects at Durham (except Sundays) for Oxford, Clarksville, Keysville and intermediate points. At University Station (except Sundays) for Chapel Hill. At Greensboro with main line train No 7 for High point, Salisbury, Charlotte, Spartanburg, Greenville, Atlanta, and all points South, including Columbia Augusta, Savannah, Jacksonville, and all Florida points. Through Pullman buffet sleepers New York to New Orleans, via Atlanta, Montgomery, Jacksonville and Mobile. Through sleeper from New York to Jacksonville via Savannah. Pullman sleeper Charlotte to Birmingham and Charlotte to Augusta. Main line trains No 7 and 35 connect at Salisbury for Hickory, Asheville, Knoxville, Chattanooga, Memphis, Louisville, Cincinnati and Chicago. Solid train carrying Pullman buffet sleeper Salisbury to Memphis. Also connects at Greensboro with main line train No 12 for Danville, Richmond and local stations. With train No. 38 "Washington and Southwestern Limited," and train No. 34 "New York and Florida Express," for Danville, Lynchburg, Charlottesville, Washington, Baltimore, Philadelphia, New York and points North. These trains carry first-class coach to Washington and Pullman sleepers through to New York; also to Richmond, on train 34. Connection is also made at Greensboro for Winston-Salem.

### TRAINS ARRIVE AT RALEIGH:

2:45 A. M., DAILY.—From Greensboro and all points North and South. Sleeping car from Charlotte to Norfolk.

10:45 A. M., DAILY.—From New York, Washington, Lynchburg, Danville, and Greensboro.

3:23 P. M., DAILY.—From Memphis, Chattanooga, Knoxville, Hot Springs, Asheville, Statesville, Salisbury.

3:50 P. M., DAILY.—From all points East, Norfolk, Tarboro, Wilson, and water lines—Goldsboro, Wilmington, Fayetteville and all points in Eastern Carolina.

2:09 A. M., DAILY.—From Norfolk and intermediate station. Sleeping car Norfolk to Charlotte.

8:50 A. M., DAILY.—From Goldsboro and points East.

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FOR FURTHER information call on or write to T. C. STURGIS, T. A., Raleigh, N. C. R. L. VERNON, T. P. A., Charlotte, N. C. J. M. CULP, T. MAN., Washington, D. C. W. A. TURK, G. P. A.

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## TRAINS LEAVE RALEIGH:

2 14 A. M., DAILY. "Atlanta Special," Pullman Vestibule for Henderson, Weldon, Petersburg, Richmond, Washington, Baltimore, Philadelphia, New York and all points North. Buffet drawing-rooms sleepers and Pullman coaches Atlanta to Washington, parlor cars Washington to New York: Pullman sleeping-car Charlotte to Portsmouth. Arrives at Washington 12:31 noon Baltimore 1:43 p. m., Philadelphia 3:50 p. m., New York 6:23 p. m. Also for Portsmouth, Norfolk, Old Point, and local stations Seaboard and Roanoke Railroads.

11 18 A. M. DAILY. For Henderson, Weldon, Suffolk, Portsmouth, Norfolk and intermediate stations; connects at Portsmouth with Bay Line for Old Point and Baltimore; with Norfolk & Washington Steamboat Company for Washington, with N. Y. P. & N. Railroad for Philadelphia and points North; also at Weldon with Atlantic Coast Line for Richmond, Washington, Baltimore Philadelphia and New York, and with Scotland Neck Branch for Greenville, Washington and Portsmouth. Pullman sleeping-car Atlanta to Portsmouth.

2 21 A. M. DAILY. "Atlanta Special," Pullman Vestibule, for Southern Pines, Hamlet, Wilmington, Monroe, Charlotte, Lincolnton, Shelby Chester, Clinton, Greenwood, Abbeville, Athens, Atlanta, August, Columbia, Macon, Montgomery, Mobile, New Orleans, Chattanooga, Nashville, Memphis, and points South and Southwest, through Pullman buffet sleepers and day coaches Washington to Atlanta, connecting directly at Union Depot, Atlanta, with diverging lines; also Pullman sleeping-car Portsmouth to Charlotte.

3 40 P. M. DAILY. For Wilmington, Charlotte, Chester, Greenwood, Athens, Atlanta and all intermediate stations, connecting at Union Station, Atlanta, with diverging lines. Pullman Sleeping-car Portsmouth to Atlanta.

## TRAINS ARRIVE AT RALEIGH.

3 40 P. M. DAILY. From Norfolk, Portsmouth, and all points North via Bay Line and New York P. & N. Railroad, Petersburg, Richmond and Washington, Baltimore, Philadelphia, New York and Boston; also from Greenville, Plymouth, Washington, N. C., and Eastern Carolina points, via Weldon.

2 09 A. M. DAILY. "Atlanta Special," Pullman Vestibule, from Atlanta and points South, Athens, Abbeville, Greenwood and Chester.

11 13 A. M., DAILY. From Charlotte, Athens, Atlanta and intermediate stations.

2 16 A. M. DAILY. "Atlanta Special," from Norfolk, Portsmouth, Henderson, Weldon, Richmond, Washington, Baltimore, Philadelphia, New York and the East.

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**V. E. MCBEE, General Superintendent.**



# OBLIGATION.



I hereby obligate to donate annually

for the purpose of assisting in sustaining the PICKFORD SANITARIUM, for Negro consumptives, at Southern Pines, N. C., the donation above specified to be delivered at Raleigh, N. C., charges prepaid, annually, on or before the 1st day of December, or at a more appropriate time, as may be agreed upon, in each year, when called for by Dr. L. A. Scruggs, General Manager of the Sanitarium, or his successor.

This the \_\_\_\_\_ day of \_\_\_\_\_ 1900.

This donation was made at the request of

P. O.

County

, State

NOTE,—Please pay freight on the packages you so kindly send us.





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